

Growing in prayer, making new disciples, serving the people of Devon with joy: the three priorities of the Diocese of Exeter are perfectly matched in the combination of Prayer, Study and Action which undergirds the work of Cursillo. For many, Cursillo has been life-changing and we warmly welcome and support the ministry it offers across the country. May many discover the joy of the Gospel through the invitation offered in this leaflet.

Rt Revd Nick Mckinnel, Bishop of Plymouth

To be a person of prayer is to live a life being close to God. The challenge is then to take that closeness to God in prayer and to live life.

Cursillo offer a discipline of prayer, study and action for those seeking this way of discipleship.

Rt Revd Sarah Mullally, Bishop of Crediton

The Cursillo movement has been active in the Diocese for many years and an impressive number of people have had their faith deepened and their spiritual compass re-set through sharing in a Cursillo weekend. Cursillo is not confined to a single tradition within the church and renewal of faith has been a hallmark of those who have embraced the experience. As we seek as a Diocese to grow in prayer, I commend the local Cursillo team and their programme, and encourage you to share in what it has to offer.

Rt Revd Robert Atwell, Bishop of Exeter

Cursillo®

DIOCESE
OF EXETER



Cursillo® is one way of being a disciple.

It is based on a simple discipline of prayer, study and action.

Its purpose is to support the church in its mission of growing disciples.

An ancient Christian practice is to meet with friends in small groups for mutual support, encouragement and growth. The Cursillo® approach, using prayer, study and action, is built on this and is practised widely across the Anglican Church.



To find out more visit
www.anglicancursillo.co.uk

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Exeter Cursillo, Registered Charity
No. 1100767.

Prayer, Study & Action



**A method to help
you grow and
share your faith**

The Cursillo[®] Way of Discipleship

Prayer, Study and Action

Let us consider how to provoke one another to love and good works HEBREWS 10:24

Pray for the Holy Spirit's guidance:

Come Holy Spirit,
fill the hearts of your faithful and kindle
in us the fire of your love. Send forth your
Spirit and we shall be created, and you
shall renew the face of the earth.

Almighty God,
who taught the hearts of your faithful
people by sending them the light of your
Holy Spirit: grant us by the same Spirit to
have a right judgement in all things, and
evermore to rejoice in his holy comfort;
through Jesus Christ our Lord. Amen.

The Lord's Prayer:

Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those that
trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory,
for ever and ever. Amen.

Prayer

When have you been particularly aware of God's presence?
What have you felt you need to pray about?
How have your prayers been answered?



How has prayer informed my actions and/or study?

Study

Is there anything you have seen or heard recently that has caused you to pause and reflect?
What have you learned from other people?
How are you becoming more open to God's will for you?

Action

In what ways have you tried to live a more Christ-like life?
What plans have you felt led to make recently?
Have you had any unexpected encounters or opportunities to share God's love?



How have my actions informed my study and/or prayer?



How has study informed my prayer and/or actions?

Sharing

1. Think of something that touched you deeply recently.
2. Share this briefly using the diagram above as an aid.
3. Listen to each other, share freely.
4. Don't comment on contributions.
5. Don't worry if you can't share anything this time - listening is just as important.

End with a prayer of thanks:

We give you thanks, Almighty God, for all the benefits you have given us: you who live and reign for ever and ever. Amen.

The Grace may be said.